

IS YOUR CHILD OVERWEIGHT?

Growth patterns vary among children. If you are concerned about your child being overweight, check with your child's health care provider for guidance.

Babies and toddlers naturally have a higher amount of body fat until the ages of two and three.

The average preschool child gains 5-6 pounds per year. The goal is to try to keep the weight the same or to slow down the weight gain.

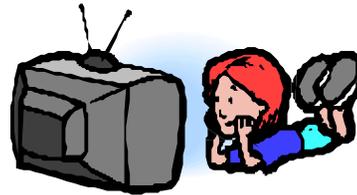
WHAT CAUSES CHILDREN TO BECOME OVERWEIGHT?

- Lack of physical activity
- Unhealthy eating patterns
- Genetics

HOW CAN I HELP MY OVERWEIGHT CHILD?

- ♥ Have meals and snacks at regular times. Planned meals and snacks encourage healthy eating.
- ♥ Serve small, child-size portions.
- ♥ Offer plenty of vegetables and fruits. They make great snacks.

- ♥ Let your child decide how much to eat. Your child does not have to clean his plate.
- ♥ Comfort your child with love, not food. Reward with stickers, hugs, kisses or a few words of praise.
- ♥ Set a good example. Children will copy habits, including food likes and dislikes.
- ♥ Turn off the TV during meals and snacks. Eat in the kitchen or dining room.
- ♥ Encourage your child to be active. Plan activities together with your child. GET MOVING!!!
- ♥ Spend less time watching TV or playing videos/computer games. Take a walk or play ball with your child.
- ♥ Offer water instead of Kool-Aid type drinks, soda or flavored drinks.



Pediatricians recommend that children watch TV no more than two hours each day

SAMPLE MENU FOR THREE-YEAR-OLD

Breakfast	1/2 cup cereal 1/2 cup non-fat or 1% milk* 1/2 cup orange juice
Snack	1/2 banana
Lunch	grilled cheese sandwich 1/2 cup non-fat or 1% milk* 1/4 cup carrots
Snack	4 crackers w/peanut butter 1/2 apple 1/2 cup water
Dinner	Small hamburger with bun 1/4 cup green beans 1/4 cup corn 1/2 cup non-fat or 1% milk*
Snack	1/2 cup fat-free or 1% milk* 1/2 cup cereal

*Non or low-fat dairy products are recommended for children over 2 years of age.

THE WIC ASSOCIATION OF NEW YORK STATE, INC. NUTRITION COMMITTEE

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WISE FOOD CHOICES - Non or low-fat dairy products are recommended for children over 2 years of age.

CHOOSE	ALWAYS	SOMETIMES	NOW AND THEN
Fruits & Vegetables	fresh fruits and vegetables, canned fruits (packed in juice), vegetable juices, frozen or canned vegetables (without added sauces), 100% juice	canned fruits (light syrup packed), sweetened fruit juice, dried fruits, frozen or canned vegetables in a sauce	canned fruit (heavy syrup packed), fried vegetables and potatoes, fried corn chips and potato chips
Milk/Dairy Products Non-Fat - Skim Low-Fat - 1% Reduced Fat -2%	Non-fat or low-fat (1%) milk, yogurt, cottage cheese, cheese	reduced fat (2%) milk, yogurt, frozen yogurt, light ice cream, cheese (cheddar, colby), pudding	whole milk, processed American cheese, cheese food, cheese spread, ice cream
Breads & Cereals	whole grain breads & cereals, enriched cooked cereals, pasta (plain or with a red sauce), brown rice, whole grain crackers, rice cakes	presweetened cereals, enriched white bread, white rice, graham crackers, vanilla wafers, low-fat animal crackers, saltine crackers, plain pretzels	high-fat crackers(Ritz, Hi-Ho's, Club, etc.)
Meat & Meat Alternatives	skinless chicken and turkey, lean beef, pork, fish (fresh or frozen-not breaded), tuna packed in water, deli meats(turkey, chicken), dried beans, peas	eggs, regular-cut beef, hamburger, ham, veal, pork, lamb, peanut butter, deli - meats (beef, ham)	tuna packed in oil, fried meat/chicken/fish, regular lunch meats (bologna, salami), sausages, bacon, hot dogs (wieners)
Fats, Oils, Sugars & Sweets	fat-free and low-fat salad dressing, dips, and mayonnaise	regular salad dressings, dips & mayonnaise, margarine, reduced-fat cookies	butter, cream cheese, sour cream, pastries, donuts, presweetened beverages, fruit flavored drinks/soft drinks, candy, cake, pie, cookies

GROWING UP WITH A HEALTHY WEIGHT

